



## Exercise

## Sets

Reps

## Parallel Squats - Week 1

5-8

1 (Singles)

## Parallel Squats - Week 2

5

5

## Half Squat From Bottom Position

3-5

1 (Singles)

### Quarter Squat From Bottom Position

3-5

## 1 (Singles)

## Speed Deadlifts

5-8

1 (Singles)

SPORTS SPECIFIC MARTIAL-VARTS✓

ACTIVITY SPECIFIC CROSSFIT<sup>®</sup>

875Necks✓

125V-Abs✓

Jog, WaLk, Run, and Stuff Legged Run-WaLk Between exercises, sets, & repetitions ✓

## CHEST CALLISTHENIC TRIPLE SET

#1=10,9,8,7,6,5,4,3,2,1√√√√√√√√√√

#2=10,9,8,7,6,5,4,3,2,1✓✓✓✓✓✓✓✓✓✓

#3°10,9,8,7,6,5,4,3,2,1√√√√√√√√√√√

WOMEN'S FITNESS CLASS ✓ ® © ° • ✓

Your workout plan combines **strength training**, **sports-specific drills**, and **conditioning**. Here's a breakdown of your listed exercises, sets, and reps, along with context for each component:

## Strength Training

Exercise	Sets	Reps	Notes
<b>Parallel Squats - Week 1</b>	5-8	1 (Singles)	Heavy singles
<b>Parallel Squats - Week 2</b>	5	5	Moderate volume
<b>Half Squat (Bottom Position)</b>	3-5	1 (Singles)	Explosive power
<b>Quarter Squat (Bottom Position)</b>	3-5	1 (Singles)	Explosive power
<b>Speed Deadlifts</b>	5-8	1 (Singles)	Focus on bar speed

- **Singles** (1 rep per set) are typically used for building **maximal strength** and improving technique with heavy loads.
- **5x5** (Week 2) is a classic strength-building protocol, balancing intensity and volume.

## Sports & Activity-Specific Work

- **SPORTS SPECIFIC MARTIAL-VARTS** and **ACTIVITY SPECIFIC CROSSFIT**: These indicate tailored drills for martial arts and CrossFit, likely focusing on agility, coordination, and endurance.
- **Jog, Walk, Run, and Stuff Legged Run-Walk Between Exercises, Sets, & Repetitions**: This suggests **active recovery** or **conditioning** intervals between strength sets, promoting cardiovascular fitness and work capacity.

## Accessory & Core Work

- **875Necks**: Neck strengthening, possibly 8 sets of 75 reps (or a typo—clarification needed).
- **125V-Abs**: Likely core/abdominal work, possibly 1 set of 25 reps or 125 total reps.

## Chest Calisthenic Triple Set

For each of the three sets:

- **10, 9, 8, 7, 6, 5, 4, 3, 2, 1:** This is a **descending rep ladder**, starting at 10 reps and dropping by one each set, for three rounds. This is a high-volume approach for muscular endurance.

## Group Fitness

- **WOMEN'S FITNESS CLASS:** Indicates inclusion of a group class, likely for general conditioning, flexibility, or skill development.

This program emphasizes **maximal strength** (heavy singles), **explosive power** (partial squats and speed deadlifts), **muscular endurance** (calisthenic ladders), and **general conditioning** (active rest and sports-specific drills). The structure aligns with your interest in **strength training** and **bodybuilding**<sup>[1]</sup>. If you want further breakdowns, exercise substitutions, or periodization advice, let me know!



## Can Rotating Calisthenic Muscle Groups Every Other Day Prepare You for a Bodybuilding Championship?

### Calisthenics and Muscle Growth

Calisthenics—bodyweight exercises like push-ups, pull-ups, dips, and squats—can build significant muscle, especially when you progressively overload movements and target all major muscle groups. Many people have transformed their physiques using calisthenics alone, gaining muscle, strength, and improved athleticism<sup>[2][3]</sup>. Rotating muscle groups (for example, pushing one day, pulling the next, legs another day) is a sound approach for recovery and balanced development.

### Bodybuilding Championship Preparation: Key Requirements

However, preparing for a bodybuilding championship involves more than just general muscle growth:

- **Muscle Size & Symmetry:** Champions display not only muscle mass but also balanced proportions and definition across all muscle groups.

- **Muscle Isolation:** Traditional bodybuilding programs often use weights and machines to isolate and sculpt specific muscles, which is harder to achieve with calisthenics alone<sup>[4]</sup>.
- **Progressive Overload:** While calisthenics offers progression (harder variations, higher reps, added weight), it can be more challenging to continually overload muscles to the same extent as with free weights or machines, especially for advanced athletes<sup>[2][4]</sup>.
- **Posing Practice:** Bodybuilding success requires posing practice, stage presence, and specific conditioning routines.
- **Contest Prep:** Weeks before a show, competitors follow strict routines: targeted hypertrophy training, cardio, diet, and water manipulation for maximum muscle definition<sup>[5][6]</sup>.

## Comparison Table

Factor	Calisthenics-Only Routine	Traditional Bodybuilding Prep
Muscle Growth	Effective, especially for beginners/intermediates <sup>[2][3]</sup>	Highly effective, especially for advanced athletes <sup>[7][8]</sup>
Muscle Isolation	Limited	Extensive (machines, cables, etc.)
Progressive Overload	Possible but more challenging long-term <sup>[4]</sup>	Easily manipulated with weights
Symmetry & Proportion	Achievable, but harder to fine-tune	Easier to target weak points
Contest Conditioning	Requires additional elements (diet, posing, cardio) <sup>[5][6]</sup>	Standard part of prep
Championship Readiness	Rare, but possible with exceptional genetics, discipline, and advanced calisthenics	Standard approach

## Realistic Expectations

- **You will get stronger, leaner, and more muscular** by rotating calisthenic muscle groups every other day and maintaining long-term consistency.

- **You may develop an impressive, athletic physique**—sometimes even comparable to amateur bodybuilding levels, especially if you master advanced calisthenic moves and maintain a strict diet<sup>[3]</sup>.
- **However, most bodybuilding champions use weight training** to maximize muscle size, symmetry, and detail. Pure calisthenics can plateau in muscle growth and lacks the isolation needed for competitive-level sculpting<sup>[4]</sup>.
- **For true championship readiness**, you'd likely need to incorporate resistance training (free weights, machines), specialized nutrition, and posing practice—especially as you advance.

## Conclusion

A calisthenics-based program, with rotating muscle groups and progressive overload, will build a strong, aesthetic body and can take you far—possibly to the level of a fitness model or calisthenics athlete. But for the specific demands of a bodybuilding championship, most competitors supplement or replace calisthenics with traditional bodybuilding training to achieve the size, symmetry, and conditioning expected on stage<sup>[5][2][4]</sup>.



## Does Mixing Weight Training with Calisthenics Prepare You for Bodybuilding?

If you follow the program outlined above—which combines **weight training** (like squats, deadlifts, partial squats) with **calisthenic routines** (such as chest ladders and bodyweight circuits)—you'll benefit from both training styles. Here's how this hybrid approach aligns with bodybuilding goals:

### Benefits of Mixing Weight Training and Calisthenics

- **Muscle Size & Strength:** The heavy singles and 5x5 squats, deadlifts, and partial squats are classic weightlifting methods that build muscle mass and strength, which are crucial for bodybuilding.

- **Muscle Isolation & Symmetry:** Weight training allows you to better isolate specific muscles, making it easier to address weak points and develop balanced proportions.
- **Progressive Overload:** Free weights make it straightforward to increase load over time, which is essential for continuous muscle growth.
- **Functional & Athletic Development:** Calisthenics add variety, improve body control, and enhance muscular endurance, contributing to a well-rounded physique.

How This Approach Compares to Traditional Bodybuilding Prep

Factor	Hybrid (Weights + Calisthenics)	Traditional Bodybuilding
Muscle Growth	High (with proper progression)	High
Muscle Isolation	Good (with weights)	Excellent (machines, cables, etc.)
Progressive Overload	Easy (with weights)	Easy
Symmetry & Proportion	Achievable (with focused training)	Easier to fine-tune
Athleticism & Endurance	Enhanced (with calisthenics)	Less emphasized
Contest Conditioning	Requires diet, cardio, posing practice	Standard part of prep

Key Points

- **You are not limited to calisthenics**—your plan already includes foundational weight training, which is the backbone of most bodybuilding programs.
- **This combination can prepare you for bodybuilding competitions**, provided you also focus on nutrition, posing, and contest-specific conditioning.
- **For best results:** Continue to progressively overload your weight training, rotate calisthenic muscle groups for recovery and balance, and add isolation exercises as needed for lagging areas.

Final Thoughts

Mixing weight training (as in your plan) with calisthenics is a strong strategy for developing the muscle size, strength, and symmetry needed for bodybuilding. As you advance, consider incorporating more muscle isolation work and contest prep elements to maximize your readiness for competition.

1. [sports.strength\\_training](#)
2. <https://crazybulk.com/blogs/training-recovery/calisthenics-for-bodybuilding>
3. <https://thegravgear.com/pages/calisthenics-body-transformation>
4. <https://www.oxcloth.com/blogs/fashion-advice-for-bodybuilders/calisthenics-vs-bodybuilding>
5. <https://www.muscleandfitness.com/muscle-fitness-hers/hers-workouts/12-weeks-competition-body-training-plan/>
6. <https://www.muscleandfitness.com/flexonline/training/complete-guide-getting-your-body-competition-ready/>
7. <https://www.strengthlog.com/bodybuilding-programs/>
8. <https://www.muscleandfitness.com/routine/workouts/workout-routines/workout-plan-works-forever/>